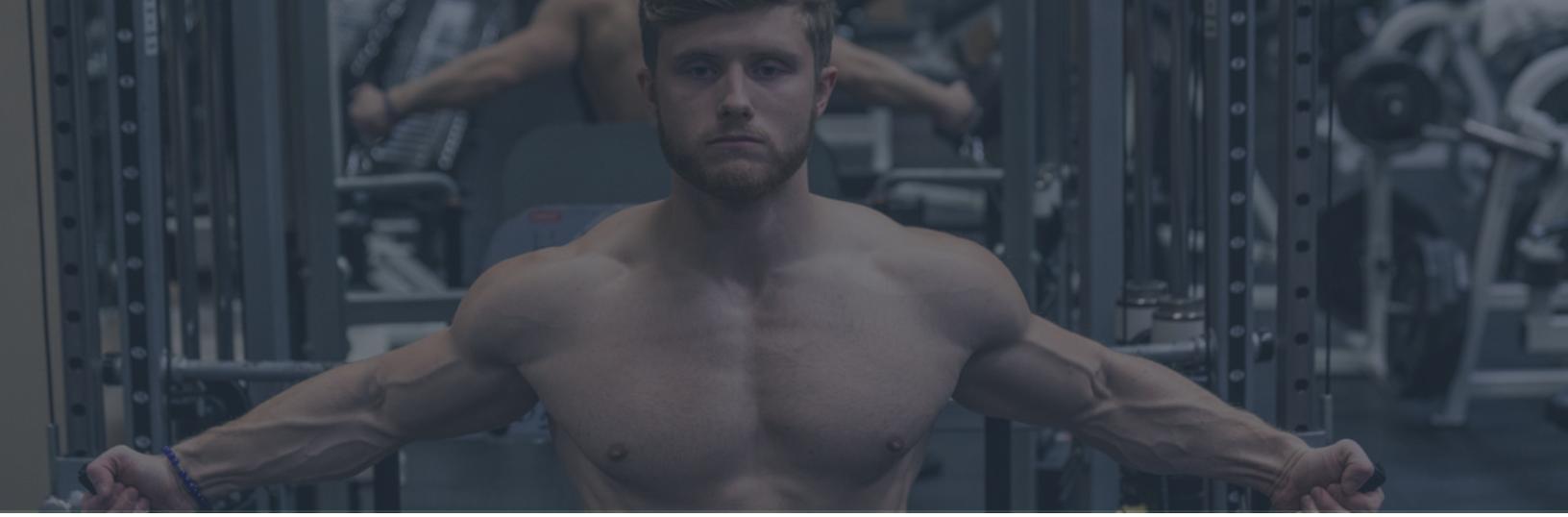


JEFF NIPPARD'S

# COMEBACK PROGRAM

HOW TO GET YOUR  
GAINS BACK AFTER  
A LAYOFF





# DISCLAIMER

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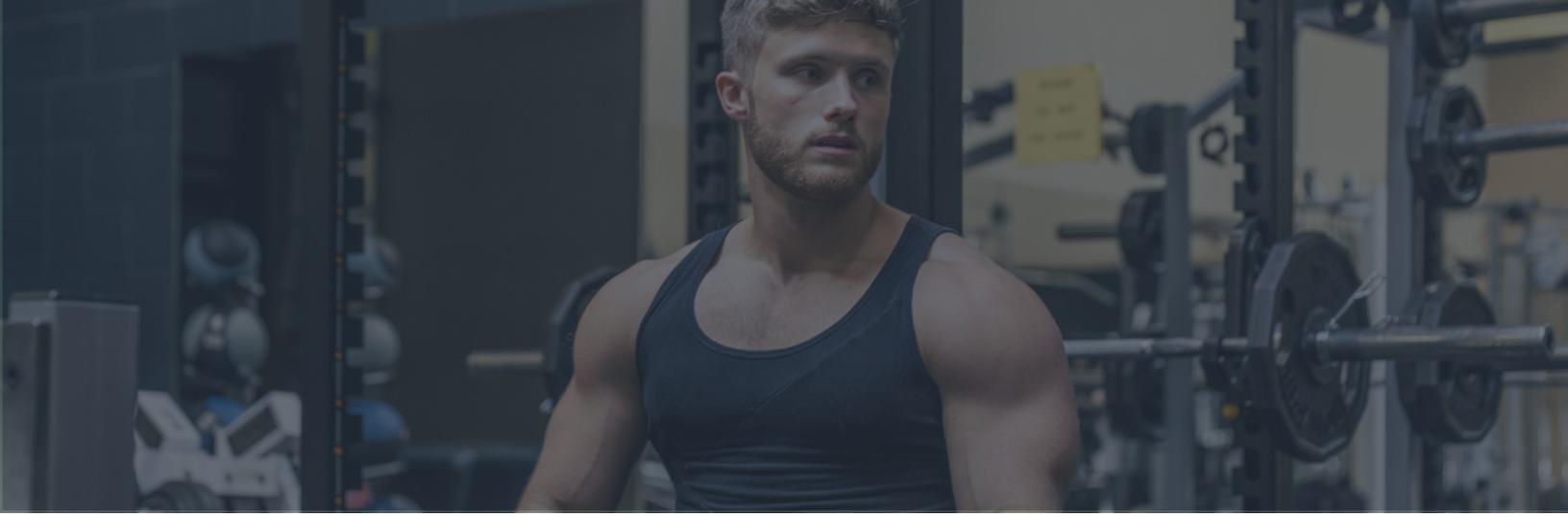
## ABOUT JEFF

Jeff is a professional drug-free bodybuilder and powerlifter. Through his informative and entertaining [Youtube channel](#) which has gathered a fan-base of over 1 million subscribers, Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and getting healthier.

He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on Block Periodization, concurrent training and nutrition and training for natural bodybuilding in academic settings including the 2014 Online Fitness Summit, Lehman College and the University of Iowa. He has aspirations of completing a PhD in exercise science or a related field.

Jeff currently lives in Kelowna, Canada where he is producing informative [YouTube](#) [videos](#) and [podcasts](#) .



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# PROGRAM EXPLAINED

This program is designed to bridge a trainee from a period of detraining (whether partial or complete) to normal, progressive resistance training again. For an in-depth break down of the approach taken in this program please see this blog article ([link](#)).

## Important Instructions:

### **IF you took a complete training break (nearly no lifting) for 1 month or more:**

Run the program in order from Week 1 to 4.

### **IF you took a partial training break (meaning you did bodyweight workouts) for 1-2 months:**

Run Week 1 and 4 ONLY, skipping Weeks 2 and 3.

### **IF you continued to train using heavy loading with a power rack or home gym:**

There is no need to run this bridge program. Consider a single- light week and then jump into your next training phase. Consider running one of my [other programs](#).

If you are available to train 6x per week, run the Push Pull Legs Bridge Program. If you are available to train 4x per week, run the Upper Lower Bridge Program.

Both programs have nearly the same volumes and progressions. The main difference is how you want to split up your training and how many days you have available per week.

One last thing: if you are currently detrained, chances are you've lost some muscle and gained some fat. Because of the powerful muscle memory effect, you are now perfectly primed to both build muscle and lose fat at the same time (body recomposition). If you're wondering how to set up your nutrition to accomplish exactly that, my Ultimate Guide to Body Recomposition ([link](#)) covers everything you need to know from setting up calories and macros, nutrient timing, sample meal plans, a full supplements list and even a full chapter on managing sleep and stress. Because you downloaded this bridge program, I'd like to offer you a special 20% discount code for the nutrition manual: BRIDGE20. Best of luck with your comeback plan!!



# KEY TERMS

**DB:** Dumbbell

**LSRPE:** : Last set RPE. Use this to track how “hard” your last set actually was. 10 means you had 0 reps in the tank. 9 means you had 1 rep in the tank. 5 means you had 5 reps in the tank.

**PROGRESSIVE OVERLOAD:** The gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps)

**ROM:** Range of motion RPE: Rate of perceived exertion. A measure of how difficult a set was on a 1-10 scale, with 10 meaning muscular failure was achieved. **TEMPO:** The speed at which the lift occurs.

**ECCENTRIC:** The lowering (“negative”) aspect of the lift

**CONCENTRIC:** The contracting (“positive”) aspect of the lift

**EFFORT:** How hard you are pushing the set relative to failure. Measured with RPE or %1RM

**LOAD:** The weight of the external resistance **INTENSITY:** Effort and load

**VOLUME:** Total amount of work performed. Usually approximated as sets x reps x load

**FREQUENCY:** How often you directly train a given muscle per 7 days

**HYPERTROPHY:** The growth of (muscle) tissue

**AMRAP:** As many reps as possible (with good form). Often performed as a test to determine max strength

**PRIMARY EXERCISE:** Main heavy compound movements that involve a large muscle mass (For Example: squats, bench presses and deadlifts)

**SECONDARY EXERCISE:** Compound exercises which involve less muscle mass (For Example: cable rows, lunges, hip thrusts, military presses, pull-ups, etc.)

**TERTIARY EXERCISE:** Isolation movements involving only one joint and primarily targeting a single muscle – these are usually used to isolate a specific, smaller muscle or to generate metabolic stress

**PERIODIZATION:** The organization of training over time



## WARM-UP

Before we look at exactly how you should warm-up, it's important to consider warming up serves to accomplish. The main purpose behind warming up is to increase core body temperature, which improves performance and reduces risk of injury. Your circadian rhythm will largely determine your core body temperature, meaning it varies throughout the day. When you wake up, your core temperature is at its lowest and it increases throughout the day. There seems to be a "sweet spot" for core body temperature in terms of safety and performance, so try not to train too hot or too cold. Generally speaking, breaking a light sweat through some form of cardio activity/machine is a good idea before jumping into any heavy lifting. Doing at least 5-10 minutes of low-moderate intensity cardio is especially prudent if you train early in the morning.

Warm-ups may also serve as a way to increase muscle activation. Dynamic warm-up drills (active stretches that take joints through a range of motion) can improve performance and force output. Don't simply "go through the motions." The goal is to always be very mindful about what muscles are contracting and what movement that contraction is creating.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness)

and brief foam rolling with a specific focus on “tight areas” before a session can both improve range of motion and prevent injury. Light foam rolling for 2-3 minutes prior to lifting is recommended.

Before the first exercise for each bodypart perform a basic loading pyramid:

- Pyramid up in weight with 3-4 light sets, getting progressively heavier
- Such a warm up is only required for Primary Exercises
- For example, if you were working up to 4 sets of 350 lbs for 5 reps on the squat, you could warm up as follows:

- Bar (45 lbs) x 15 reps
- 135 lbs x 5 reps
- 225 lbs x 4 reps
- 275 lbs x 3 reps
- 315 lbs x 2 reps
- Then begin working sets with 350 lbs for 5 reps

- On a %1RM basis, warm up pyramids can be structured like this:

- Bar (45 lbs) x 15 reps
- 40% lbs x 5 reps
- 50% lbs x 4 reps
- 60% lbs x 3 reps

- 70-75% lbs x 2 reps
- Begin working sets

- Note: Remember that such an extensive warm up is only required for Primary Exercises.



# WARM-UP PROTOCOL

EXERCISE	SETS	REPS/TIME	NOTES
LOW INTENSITY CARDIO	N/A	5-10MIN	PICK ANY MACHINE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3MIN	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONAL USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, HAMSTRINGS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
CABLE INTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP

# PUSH/PULL/LEGS PROGRAM

WEEK  
1

# JEFF NIPPARD'S PPL - COMEBACK PROGRAM

WEEK 1: DAYS 1-3

LEGS #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	2	5	50%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	2	6	6				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	2	10-12	7				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	1	3	12-15	7				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
CABLE CRUNCH	0	2	12-15	7				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

PUSH #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	2	5	50%				WORK ON MASTERING FORM: TOUCH THE BAR TO YOUR CHEST	
MACHINE SHOULDER PRESS	1	2	8-10	6				CONSTANT TENSION REPS HERE, GET A PUMP	
CABLE CROSSOVER	1	2	10-12	7				MIND MUSCLE CONNECTION WITH UPPER PECs	
DUMBBELL SKULL CRUSHER	1	2	10-12	7				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	
EGYPTIAN LATERAL RAISE	1	2	10-12	7				PASS CABLE BETWEEN LEGS AND LEAN AWAY FROM THE CABLE	

PULL #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
1-ARM LAT PULL IN	0	2	15-20	4				PRE-ACTIVATION WORK: JUST GET A PUMP IN YOUR LATS	
PULL UP	1	2	6-8	6				USE BODYWEIGHT OR ASSISTANCE AS NEEDED, FULL ROM	
CHEST SUPPORTED T-BAR ROW	1	2	10-12	6				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
ROPE FACEPULL	0	3	12-15	7				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
EZ BAR BICEP CURL	0	3	8-10	7				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	

# JEFF NIPPARD'S PPL - COMEBACK PROGRAM

WEEK 1: DAYS 4-6

LEGS #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	2	4	50%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	2	8	6				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	2	12-15	6				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	7				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	2	15-20	7				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
HANGING LEG RAISE	0	2	6-10	6				AVOID FAILURE! JUST GET THE ABS ENGAGED	

PUSH #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
OVERHEAD PRESS	2	2	4	5				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
INCLINE DUMBBELL PRESS	1	2	8-10	6				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
DUMBBELL LATERAL RAISE	0	2	12-15	7				RAISE THE DUMBBELLS "UP AND OUT"	
TRICEP PUSHDOWN	1	2	8-10	7				KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS	
PUSH UP	0	1	RPE ONLY	5				FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK	

PULL #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
LAT PULLDOWN	2	2	10-12	7				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
SEATED CABLE ROW	1	2	12-15	7				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
DUMBBELL SHRUG	1	2	8-10	7				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
REVERSE PEC DECK (REAR DELTS)	0	2	12-15	7				MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	2	8-10	8				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# PUSH/PULL/LEGS PROGRAM

WEEK  
2

# JEFF NIPPARD'S PPL - COMEBACK PROGRAM

WEEK 2: DAYS 1-3

LEGS #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	2	5	60%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	2	6	7				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	2	10-12	8				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	1	3	12-15	8				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
CABLE CRUNCH	0	2	12-15	8				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

PUSH #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	2	5	60%				WORK ON MASTERING FORM: TOUCH THE BAR TO YOUR CHEST	
MACHINE SHOULDER PRESS	1	2	8-10	7				CONSTANT TENSION REPS HERE, GET A PUMP	
CABLE CROSSOVER	1	2	10-12	8				MIND MUSCLE CONNECTION WITH UPPER PECs	
DUMBBELL SKULL CRUSHER	1	2	10-12	8				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	
EGYPTIAN LATERAL RAISE	1	2	10-12	8				PASS CABLE BETWEEN LEGS AND LEAN AWAY FROM THE CABLE	

PULL #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
1-ARM LAT PULL IN	0	2	15-20	4				PRE-ACTIVATION WORK: JUST GET A PUMP IN YOUR LATS	
PULL UP	1	2	6-8	7				USE BODYWEIGHT OR ASSISTANCE AS NEEDED, FULL ROM	
CHEST SUPPORTED T-BAR ROW	1	2	10-12	7				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
ROPE FACEPULL	0	3	12-15	8				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
EZ BAR BICEP CURL	0	3	8-10	8				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	

# JEFF NIPPARD'S PPL - COMEBACK PROGRAM

WEEK 2: DAYS 4-6

LEGS #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	2	4	60%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	2	8	6				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	2	12-15	6				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	8				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	2	15-20	7				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
HANGING LEG RAISE	0	2	6-10	6				AVOID FAILURE! JUST GET THE ABS ENGAGED	

PUSH #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
OVERHEAD PRESS	2	2	4	5				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
INCLINE DUMBBELL PRESS	1	2	8-10	7				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
DUMBBELL LATERAL RAISE	0	2	12-15	8				RAISE THE DUMBBELLS "UP AND OUT"	
TRICEP PUSHDOWN	1	2	8-10	8				KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS	
PUSH UP	0	1	RPE ONLY	5				FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK	

PULL #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
LAT PULLDOWN	2	2	10-12	8				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
SEATED CABLE ROW	1	2	12-15	8				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
DUMBBELL SHRUG	1	2	8-10	7				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
REVERSE PEC DECK (REAR DELTS)	0	2	12-15	8				MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	2	8-10	8				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# PUSH/PULL/LEGS PROGRAM

WEEK  
3

# JEFF NIPPARD'S PPL - COMEBACK PROGRAM

WEEK 3: DAYS 1-3

LEGS #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	3	4	65-70%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	3	6	7				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	3	10-12	8				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	1	3	12-15	8				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
CABLE CRUNCH	0	3	12-15	8				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

PUSH #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
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MACHINE SHOULDER PRESS	1	3	8-10	7				CONSTANT TENSION REPS HERE, GET A PUMP	
CABLE CROSSOVER	1	3	10-12	8				MIND MUSCLE CONNECTION WITH UPPER PECs	
DUMBBELL SKULL CRUSHER	1	2	10-12	8				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	
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PULL #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
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CHEST SUPPORTED T-BAR ROW	1	3	10-12	7				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
ROPE FACEPULL	0	3	12-15	8				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
EZ BAR BICEP CURL	0	3	8-10	8				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	

LEGS #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	3	65-70%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	3	8	6				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	3	12-15	6				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	8				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	3	15-20	7				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
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PUSH #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
OVERHEAD PRESS	2	3	4	5				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
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REVERSE PEC DECK (REAR DELTS)	0	3	12-15	8				MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	3	8-10	9				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# PUSH/PULL/LEGS PROGRAM

WEEK  
4

# JEFF NIPPARD'S PPL - COMEBACK PROGRAM

WEEK 4: DAYS 1-3

LEGS #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	3	5	67-72%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	3	6	8				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	3	10-12	8				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	1	3	12-15	8				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
CABLE CRUNCH	0	3	12-15	8				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

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ROPE FACEPULL	0	3	12-15	8				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
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LEGS #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	4	67-72%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	3	8	?				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	3	12-15	?				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	9				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	3	15-20	8				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
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PUSH #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
OVERHEAD PRESS	2	3	4	6				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
INCLINE DUMBBELL PRESS	1	2	8-10	8				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
DUMBBELL LATERAL RAISE	0	3	12-15	9				RAISE THE DUMBBELLS "UP AND OUT"	
TRICEP PUSHDOWN	1	3	8-10	9				KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS	
PUSH UP	0	1	RPE ONLY	5				FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK	

PULL #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
LAT PULLDOWN	2	3	10-12	9				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
SEATED CABLE ROW	1	3	12-15	9				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
DUMBBELL SHRUG	1	3	8-10	8				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
REVERSE PEC DECK (REAR DELTS)	0	3	12-15	9				MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	3	8-10	10				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# UPPER/LOWER PROGRAM

WEEK  
1

# JEFF NIPPARD'S UPPER/LOWER - COMEBACK PROGRAM

WEEK 1: DAYS 1-3

LOWER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	2	5	50%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	2	6	6				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	2	10-12	7				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	0	3	12-15	7				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
DUMBBELL SHRUG	1	2	8-10	7				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
CABLE CRUNCH	0	2	12-15	7				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

UPPER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	2	5	50%				WORK ON MASTERING FORM: TOUCH THE BAR TO YOUR CHEST	
LAT PULLDOWN	2	2	10-12	7				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
CABLE CROSSOVER	1	3	10-12	7				MIND MUSCLE CONNECTION WITH UPPER PECs	
SEATED CABLE ROW	1	2	12-15	7				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
EGYPTIAN LATERAL RAISE	1	2	10-12	7				PASS CABLE BETWEEN LEGS AND LEAN AWAY FROM THE CABLE	
EZ BAR BICEP CURL	0	3	8-10	7				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	
DUMBBELL SKULL CRUSHER	1	2	10-12	7				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	

LOWER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	2	4	50%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	2	8	6				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	2	12-15	6				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	7				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	2	15-20	7				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
HANGING LEG RAISE	0	2	6-10	6				AVOID FAILURE! JUST GET THE ABS ENGAGED	

UPPER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
PULL UP	1	2	6-8	6				USE BODYWEIGHT OR ASSISTANCE AS NEEDED, FULL ROM	
OVERHEAD PRESS	2	2	4	5				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
CHEST SUPPORTED T-BAR ROW	1	2	10-12	6				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
INCLINE DUMBBELL PRESS	1	2	8-10	6				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
ROPE FACEPULL	0	3	12-15	7				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	2	8-10	8				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# UPPER/LOWER PROGRAM

WEEK  
2

# JEFF NIPPARD'S UPPER/LOWER - COMEBACK PROGRAM

WEEK 2: DAYS 1-3

LOWER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	2	5	60%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	2	6	7				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	2	10-12	8				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	0	3	12-15	8				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
DUMBBELL SHRUG	1	2	8-10	8				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
CABLE CRUNCH	0	2	12-15	8				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

UPPER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	2	5	60%				WORK ON MASTERING FORM: TOUCH THE BAR TO YOUR CHEST	
LAT PULLDOWN	2	2	10-12	7				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
CABLE CROSSOVER	1	3	10-12	8				MIND MUSCLE CONNECTION WITH UPPER PECs	
SEATED CABLE ROW	1	2	12-15	7				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
EGYPTIAN LATERAL RAISE	1	<sup>2</sup>	10-12	8				PASS CABLE BETWEEN LEGS AND LEAN AWAY FROM THE CABLE	
EZ BAR BICEP CURL	0	3	8-10	8				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	
DUMBBELL SKULL CRUSHER	1	2	10-12	8				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	

LOWER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	2	4	60%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	2	8	6				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	2	12-15	6				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	8				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	2	15-20	7				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
HANGING LEG RAISE	0	2	6-10	6				AVOID FAILURE! JUST GET THE ABS ENGAGED	

UPPER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
PULL UP	1	2	6-8	7				USE BODYWEIGHT OR ASSISTANCE AS NEEDED, FULL ROM	
OVERHEAD PRESS	2	2	4	5				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
CHEST SUPPORTED T-BAR ROW	1	2	10-12	7				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
INCLINE DUMBBELL PRESS	1	2	8-10	7				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
ROPE FACEPULL	0	3	12-15	8				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	2	8-10	8				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# UPPER/LOWER PROGRAM

WEEK  
3

# JEFF NIPPARD'S UPPER/LOWER - COMEBACK PROGRAM

WEEK 3: DAYS 1-3

LOWER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	3	5	65-70%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	3	6	7				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	3	10-12	8				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	0	3	12-15	8				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
DUMBBELL SHRUG	1	3	8-10	8				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
CABLE CRUNCH	0	3	12-15	8				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

UPPER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	3	4	65-70%				WORK ON MASTERING FORM: TOUCH THE BAR TO YOUR CHEST	
LAT PULLDOWN	2	3	10-12	7				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
CABLE CROSSOVER	1	3	10-12	8				MIND MUSCLE CONNECTION WITH UPPER PECS	
SEATED CABLE ROW	1	3	12-15	7				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
EGYPTIAN LATERAL RAISE	1	3	10-12	8				PASS CABLE BETWEEN LEGS AND LEAN AWAY FROM THE CABLE	
EZ BAR BICEP CURL	0	3	8-10	8				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	
DUMBBELL SKULL CRUSHER	1	3	10-12	8				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	

LOWER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	3	65-70%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	3	8	6				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	3	12-15	6				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	8				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	3	15-20	8				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
HANGING LEG RAISE	0	3	6-10	6				AVOID FAILURE! JUST GET THE ABS ENGAGED	

UPPER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
PULL UP	1	3	6-8	7				USE BODYWEIGHT OR ASSISTANCE AS NEEDED, FULL ROM	
OVERHEAD PRESS	2	3	4	5				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
CHEST SUPPORTED T-BAR ROW	1	3	10-12	8				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
INCLINE DUMBBELL PRESS	1	2	8-10	8				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
ROPE FACEPULL	0	3	12-15	8				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	3	8-10	9				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	

# UPPER/LOWER PROGRAM

WEEK  
4

# JEFF NIPPARD'S UPPER/LOWER - COMEBACK PROGRAM

WEEK 4: DAYS 1-3

LOWER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BACK SQUAT	3	3	5	67-72%				WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN	
STEP UP	1	3	6	8				6 REPS EACH LEG, SET THE BOX JUST BELOW KNEE HEIGHT	
LYING LEG CURL	1	3	10-12	8				MIND MUSCLE CONNECTION WITH HAMSTRINGS	
STANDING CALF RAISE	0	3	12-15	8				PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT	
DUMBBELL SHRUG	1	3	8-10	8				DON'T GO HEAVY, LEAN SLIGHTLY FORWARD, SQUEEZE UPPER TRAPS	
CABLE CRUNCH	0	3	12-15	8				ROUND YOUR BACK AS YOU CRUNCH YOUR ABS	

UPPER #1	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	3	5	67-72%				WORK ON MASTERING FORM: TOUCH THE BAR TO YOUR CHEST	
LAT PULLDOWN	2	3	10-12	8				MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP	
CABLE CROSSOVER	1	3	10-12	8				MIND MUSCLE CONNECTION WITH UPPER PECS	
SEATED CABLE ROW	1	3	12-15	8				NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN	
EGYPTIAN LATERAL RAISE	1	3	10-12	8				PASS CABLE BETWEEN LEGS AND LEAN AWAY FROM THE CABLE	
EZ BAR BICEP CURL	0	3	8-10	9				CAN USE BARBELL OR DUMBBELLS, SWING THE BAR OUT AND UP	
DUMBBELL SKULL CRUSHER	1	3	10-12	8				KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD	

LOWER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	4	67-72%				WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR	
LEG PRESS	2	3	8	?				LIGHT WEIGHT HERE, SMOOTH REPS	
SWISS BALL LEG CURL	0	3	12-15	?				KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS	
LEG EXTENSION	0	2	10-12	9				SLOW AND CONTROLLED REPS	
SEATED CALF RAISE	1	3	15-20	8				PAUSE SLIGHTLY AT THE BOTTOM OF EACH REP	
HANGING LEG RAISE	0	3	6-10	?				AVOID FAILURE! JUST GET THE ABS ENGAGED	

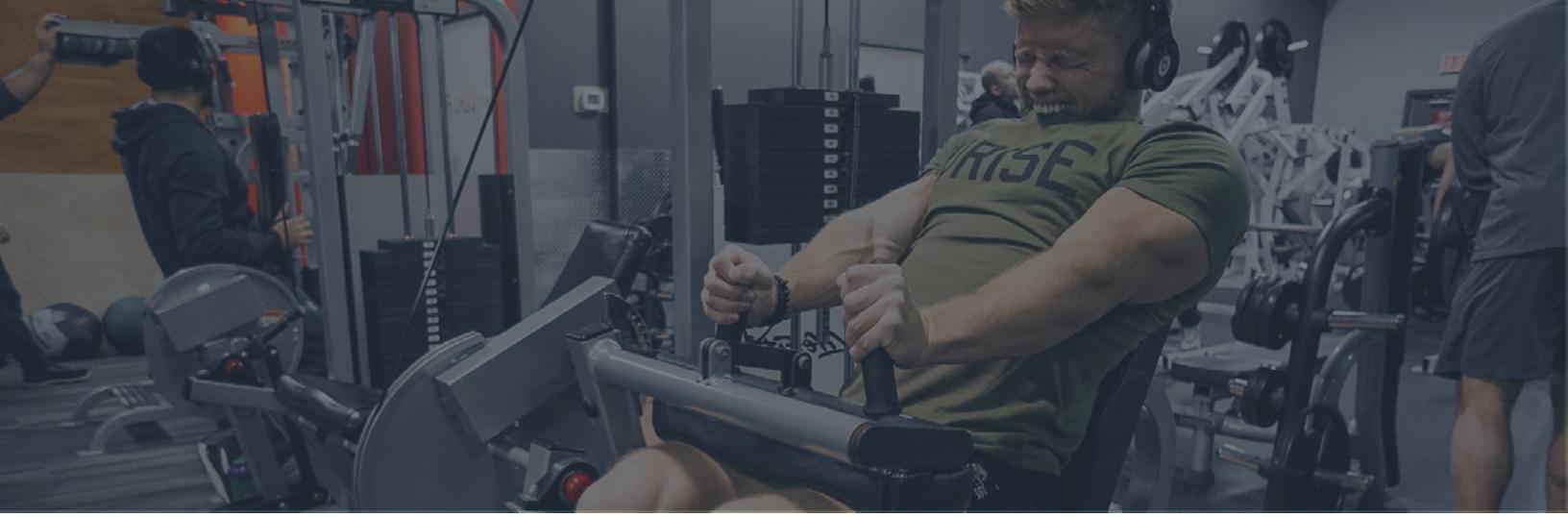
UPPER #2	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	NOTES	LSRPE
PULL UP	1	3	6-8	8				USE BODYWEIGHT OR ASSISTANCE AS NEEDED, FULL ROM	
OVERHEAD PRESS	2	3	4	6				LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD	
CHEST SUPPORTED T-BAR ROW	1	3	10-12	9				DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP	
INCLINE DUMBBELL PRESS	1	2	8-10	9				LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
ROPE FACEPULL	0	3	12-15	9				PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS	
HAMMER CURL	0	3	8-10	10				GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!	



## EXERCISE SUBSTITUTIONS

- 1-Arm Lat Pull In: Lat pulldown
- Barbell Bench Press: Dumbbell press, machine chest press, smith machine bench press
- Cable Crossover: Pec deck
- Cable Crunch: Bodyweight crunch, V sit-up, bicycle crunch
- Chest-Supported T-Bar Row: Chest-supported row, cable single-arm row
- Deadlift: Sumo deadlift
- Dumbbell Shrug: Barbell Shrug, smith machine shrug
- Dumbbell Skull Crusher: EZ bar skull crusher, floor press, pin press, JM press
- Egyptian Lateral Raise: Dumbbell lateral raise, machine lateral raise
- EZ Bar Biceps Curl: Dumbbell biceps curl, cable curl
- Hammer Curl: EZ bar pronated curl, rope hammer curl
- Hanging Leg Raise: Captain's chair crunch, reverse crunch
- Incline Dumbbell Press: Barbell incline press, deficit push-up
- Lat Pulldown: Pull-up, supinated pulldown
- Leg Extension: Sissy squat, goblet squat
- Leg Press: Goblet squat, walking lunge
- Lying Leg Curl: Seated leg curl, sliding leg curl

- Machine Shoulder Press: Seated dumbbell shoulder press
- Overhead Press: Seated barbell overhead press, dumbbell shoulder press
- Push Up: Dumbbell floor press, machine chest press
- Reverse Pec Deck: Reverse cable flye, reverse dumbbell flye
- Rope Face Pull: Reverse dumbbell flye, reverse cable flye
- Seated Cable Row: Chest-supported T-bar row, machine row, dumbbell row
- Seated Calf Raise: Standing calf raise
- Squat: Hack squat, smith machine squat, leg press + 15 reps of back extensions
- Standing Calf Raise: Seated calf raise
- Step-Up: Walking lunge, single-leg press
- Swiss Ball Leg Curl: Sliding leg curl, seated leg curl, lying leg curl
- Tricep Pushdown: Rope overhead triceps extension, dumbbell kickback



# EXERCISE VIDEOS

- 1-Arm Lat Pull In: <https://www.youtube.com/watch?v=f2JDJV0AnyY&t>
- Barbell Bench Press: <https://www.youtube.com/watch?v=vcBig73ojpE>
- Cable Crossover: <https://www.youtube.com/watch?v=-ElhKMDSjBY&t>
- Cable Crunch: <https://www.youtube.com/watch?v=ToJeyhydUxU>
- Chest-Supported T-Bar Row: [https://www.youtube.com/watch?v=sw1LwNZ3F\\_w](https://www.youtube.com/watch?v=sw1LwNZ3F_w)
- Deadlift: <https://www.youtube.com/watch?v=VL5Ab0T07e4&>
- Dumbbell Shrug: <https://www.youtube.com/watch?v=cJRVVxmytaM>
- Dumbbell Skull Crusher: <https://www.youtube.com/watch?v=popGXI-qs98>
- Egyptian Lateral Raise: <https://youtu.be/SJqInYJcg5k?t=653>
- EZ Bar Biceps Curl: <https://www.youtube.com/watch?v=i1YgFZB6all&t>
- Hammer Curl: <https://www.youtube.com/watch?v=zC3nLlEvin4&t=15s>
- Hanging Leg Raise: <https://www.youtube.com/watch?v=hdng3Nm1xE>
- Incline Dumbbell Press: [https://www.youtube.com/watch?v=0G2\\_XV7sllg](https://www.youtube.com/watch?v=0G2_XV7sllg)
- Lat Pulldown: <https://www.youtube.com/watch?v=094yEoGXtBY&t>
- Leg Extension: <https://www.youtube.com/watch?v=lj04jkwv8wQ>
- Leg Press: [https://www.youtube.com/watch?v=7H-KpNTYw\\_k](https://www.youtube.com/watch?v=7H-KpNTYw_k)
- Lying Leg Curl: <https://www.youtube.com/watch?v=1Tq3QdYUuHs&t=2s>

- Machine Shoulder Press: <https://www.youtube.com/watch?v=Wqq43dKW1TU>
- Overhead Press: <https://www.youtube.com/watch?v= RlRDWO2jfg>
- Push Up: <https://www.youtube.com/watch?v=lODxDxX7oi4>
- Reverse Pec Deck: <https://www.youtube.com/watch?v=qfc70k40318>
- Rope Face Pull: <https://www.youtube.com/watch?v=qfc70k40318>
- Seated Cable Row: <https://www.youtube.com/watch?v=4mRy8U542Fo>
- Seated Calf Raise: [https://www.youtube.com/watch?v=-qsRtp\\_PbVM&t](https://www.youtube.com/watch?v=-qsRtp_PbVM&t)
- Squat: <https://www.youtube.com/watch?v=bEv6CCq2BC8&t>
- Standing Calf Raise: [https://www.youtube.com/watch?v=-qsRtp\\_PbVM&t](https://www.youtube.com/watch?v=-qsRtp_PbVM&t)
- Step-Up: <https://www.youtube.com/watch?v=NcBM4Pl0ZU8>
- Swiss Ball Leg Curl: <https://youtu.be/WNB90xXLE0g?t=62>
- Tricep Pushdown: <https://www.youtube.com/watch?v=94DXwlcX8Po>

# GOOD LUCK!

Equipped with this program, you now have an exact plan to get back to where you were before in the gym. After completing 2-4 weeks of this bridge, new results are just around the corner. Please know I'll be here cheering for you every step of the way! Let's get after it!

